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What Would You Do ?

-- In This Issue --

*Breaking Wrestler's Deadly
Sleeper Hold*



*Defense Against the Bully
PLUS*

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TOURNAMENT DATES

THIS COLUMN will be for all future tournament dates. Attention! Judo Schools and Dojo's, this space will be exclusive for your contest dates and will be listed here free of charge. Send in your announcements as soon as possible to the Sports Editor c/o *Judo Magazine*, Box No. 1211, Studio City, Calif. Results of your tournaments will be listed in column below.

TOURNAMENT RESULTS

Contest held at the National Judo Association in Studio City, Calif., on Oct. 11th, 1952. Results: Six men won their Third Brown Belts.

Contest held at the "Nikabob," in Los Angeles, Calif., on May 29, 1952. Junior Orange Team versus Junior Maroon Team. (One point elimination contest). Junior Orange Team won. Coach, Brian Welch.

Santa Barbara Judo Tournament held on Fourth of July, 1952, sponsored by the Santa Barbara Semana Nautica Association. Bruce Tegnér of the National Judo Association won the Black Belt Trophy. Contest was supervised by Professor Okasaki, from Oakland. John Ogden, Santa Barbara's outstanding Judo Instructor of the Ogden's Judo School promoted this successful Tournament.

COVER

JON AND BRUCE TEGNER
National Judo Association Instructors
pose for the true to life portrayal
of
"What would YOU do?"

* * *

Answer to Question in next issue!

ADVERTISING RATES

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TABLE OF CONTENTS

Information

| | |
|--|---------|
| TOURNAMENT RESULTS | Page 3 |
| GETTING AROUND WITH JUDO | Page 6 |
| JUST A BIG BULLY | Page 7 |
| THE "CIRCUS MAN" JUDO, TAKES A POWDER | Page 7 |
| LET'S TALK IT OVER | Page 8 |
| THE RIGHT KIND OF FALL GUY | Page 15 |
| FRAME OF FAME | Page 15 |
| LEST WE FORGET | Page 15 |
| HISTORY OF JUDO | Page 12 |

Instruction

| | |
|--|---------|
| TECHNIQUE OF BALANCE | Page 4 |
| THE ART OF FALLING | Page 5 |
| DEFENSE AGAINST THE BULLY | Page 9 |
| BREAKING WRESTLER'S DEADLY SLEEPER HOLD | Page 11 |
| MUSCLE REACTION | Page 13 |

Public Guidance

| | |
|--|----------------|
| JUDO SCHOOLS & DOJO DIRECTORY | Page 15 |
| TOURNAMENT DATES | Page 3 |
| PICTORIAL PARADE DIRECTORY | Middle Section |

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J. M. Tegnér, Editor.

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Coming Judo Features

☆

CONTINUED BASIC INSTRUCTION

☆

HOW TO USE OPPONENT'S STRENGTH

Defense Against the Boxer

☆

CHILDREN'S JUDO

☆

Why YOU SHOULD LEARN JUDO

☆

The answer to, "WHAT WOULD YOU DO?"
portrayed on cover of this issue

☆

ONE "JUDO SECRET" IS LEARNING

TECHNIQUE of BALANCE NATURAL POSITION



—— LINE THROUGH ANKLES DETERMINES A PERSONS
TWO STRONG POSITIONS
..... DOTTED LINE PERPENDICULAR TO STRONG LINE
SHOWS A PERSONS WEAK POSITIONS

FOLLOW THESE SIMPLE INSTRUCTIONS

When a person stands in a Natural Position he is strong to both sides. When you push against either side he can resist the push. This is known as his strong balance, or his strong line. (As illustrated in Photo No. 1 and Photo No. 2).



PHOTO NO. 1



PHOTO NO. 2

FROM THIS same Natural Position he has also what is known as his weak balance, or weak line. This weak balance can be obtained by gently pushing him against his chest (as illustrated in Photo No. 3), or pulling him forward (as illustrated in Photo No. 4).



PHOTO NO. 3



PHOTO NO. 4

THE ART OF FALLING (Basic)

LEARNING TO FALL CORRECTLY is just as important as learning to throw, otherwise you cannot receive your falls when being thrown, without the danger of bruises, or injury. Falling is an art, when once mastered you may fall safely from any throw no matter how speedily, or unexpected it is delivered. Also you may save yourself from injury in falling on the street, and in the home which is such a common occurrence in everyday life. The best way to learn the art of falling is to start practicing rolls from the ground, and then gradually building them up higher until they become falls in the air. By learning the following basic falls you will not only be preparing yourself for greater safety, but you will derive from the movements a stronger, well coordinated trim body.

Sitting Position: —

YOU ARE SEATED in a relaxed right angle position with your hands on your knees (as illustrated in Photo No. 1).



PHOTO NO. 1

Backward Roll: —

NOW BRING your arms and legs up and let your body tilt backwards, being sure to keep a right angle position all the time as you roll backwards. You hit the mat with a resounding whack simultaneously with both arms, keeping them straight, but relaxed, hitting just a split second before your back touches the mat, keep your hands slightly cupped to form an air pocket—this will cause the hands to bounce (like a ball hitting the ground), keep your head up by tightening the neck muscles (as illustrated in Photo No. 2).



PHOTO NO. 2

NOTE: Better results are obtained in falling by tightening the abdominal muscles during the procedure.

FALLING CORRECTLY IS NOT ONLY ESSENTIAL IN JUDO, BUT IS A PUBLIC SAFETY FACTOR AS WELL.

GETTING AROUND WITH JUDO

THIS PAST YEAR



Joan Voss, "Pretty Model", Applies Kissing Defense against Instr. B. Tegnér. He doesn't seem too happy.



Bob Hope Cutting Up with his Judo Instructor Jon Tegnér in Paramount's soon-to-be-released 'Military Policeman.' Sgt. Bruce Tegnér Army Instructor & June Tegnér look on.



Malcolm Gregory, 3rd Black Belt enroute from England to Japan during L.A. Tour.



R. Nelson, of Northrop Aircraft, Throwing Instructor B. Tegnér at the Judo School.



R. Nelson of the National Judo Assoc. on Receiving End, W. Albers (Lockheed Judo Team) applying Judo.



M. B. Grammer (Douglas Aircraft Judo Team Chairman) Throwing Instructor Jon Tegnér of National Judo Assoc.

SOME YEARS AGO



Carol Tegnér Receives Her Blue Belt Degree at the Age of Four. She Was the Youngest Child to Receive This Degree. "She's Lived Up To It."



M. Bruno and B. Tegnér demonstrating Judo for San Quentin Wardens, Guards, Judo Magazine "salutes" M. Bruno for his excellent Judo Instruction in the Law Enforcement Bureaus.



Groucho Marx Still Smokes Cigar as June Tegnér Applies Arm Lock on T.V. Program "You Bet Your Life."

"Just Big Bully"

By Jon Edwards

YOU WILL FIND HIM on the school playground and unfortunately among grown-ups too. I remember a story about a bully told to me by a High Degree Japanese Judo Professor who could not speak very good English. However, here it is just as he told it to me.

"I small kid, weak too; in Japan I go school, each day I pass house where live big tough kid. This kid he wait for me, and each day he grab hold my head, then he say up an ee down; east an ee west, at same time he twist my head. Inside I burn, but this kid too big, so I take it. I don't like, but nothing much can do, kid he big, me little slimp. I got plan, I study hard, get good report in school work, now I got good grade I can join Judo Team. My Instructor, he say; little slimp can throw big guy. I do Judo day and night while big kid still twisting my head. One day school have Judo Contest, my team he win. Now I meet big kid again, but this time HE go round an ee round, come up an ee down — BOOM . . . He no longer what you Amelicans call, just big bully.



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THE "CIRCUS MAN" JUDO, HAS TAKEN A POWDER

By Arthur Brewster

A MIGHTY GOOD THING IT IS TOO, for he held back the progress of Judo. It all started in the beginning of the 19th Century, when these "Circus Performers" who were a few Japanese Judo experts (that some smart Occidental Promoters got their fangs into) began launching their first exhibitions, which led to the public's inhibition of fear, creating a negative response in learning Judo as a scientific method of self-defense. Their promoters demanded fantastic and spectacular series of throws and falls. Bodies were thrust and hurled through the air, and the more difficult and mysterious it all looked, the louder the applause, the fatter the purse for the promoter, and the valuable science of Judo took a FLOP . . .

I believe, Judo is a gentleman's Art. Doesn't history tell us so? In Japan, Jiu-Jitsu was for many centuries practiced only among the Royal Families; and the "Father of Judo", Dr. Jigoro Kano was a gentleman of the highest caliber *who devoted his entire life to further this science throughout the world in spite of the "Circus Performer's Era."*

This Publication Is For The Promotion
and Furtherance of Judo.

MERRY CHRISTMAS
TO
ALL JUDO PEOPLE
FROM

"TWO JUDO ENTHUSIASTS"

ROBIN and AUSTIN MONTGOMERY

CHILDREN'S JUDO CLASS OF '52
of The National Judo Association

PICTORIAL PARADE DIRECTORY



Larry Kagan — 3rd. Brown Belt Degree holder of Kagan & Pattie, Real Estate Loan & Insurance Firm, is quite adept in the Gentleman's Art of Self Defense.



The Welch Family — Father, James Welch (center) 3rd. Brown Belt — Sons, Brian and David, Green Belts.



Jon Tegnér, "Black Belt Judo Expert" chats informally with John Madrid "Professional Wrestler" of their past enjoyable collaboration in Judo and Wrestling. John Madrid turned professional at Casablanca, 1948; toured all of Europe, Canada, Carribean, also the southern part of United States. He was a student of Milo Steinburg. Madrid is a newcomer to California. Watch this man! he's got talent! "he's a natural", always the Villain in Wrestling, instinctively so in Judo.

PICTORIAL PARADE DIRECTORY



Lockheed Vs. Douglas? Wes Albers of Lockheed applying "Devils Hand Shake" on Bud Grammer of Douglas Aircraft, who calmly takes it while ignoring the glint in Albers eye. These two men are scheduled to match teams soon.



Russ Northrop, another Lockheed Aircraft man throwing Instructor Jon Tegner during practice session.



Edward W. Rowe of the Lockheed Aircraft Judo Group enjoying a demonstrative approach of the Crab Claw Throw by Instructor Jon Tegner.



Ross Marshall — Hearst Newspaper Man, Practicing kick back throw with combination blocks. His Instructor Bruce Tegner of the National Judo Assoc. is on the receiving end.

PICTORIAL PARADE DIRECTORY



"Photo by Wes Albers"

Roland Nelson — skillful young 3rd. Brown Belt is caught in mid-air as he practices a forward fall, better known to him as a number seven fall.

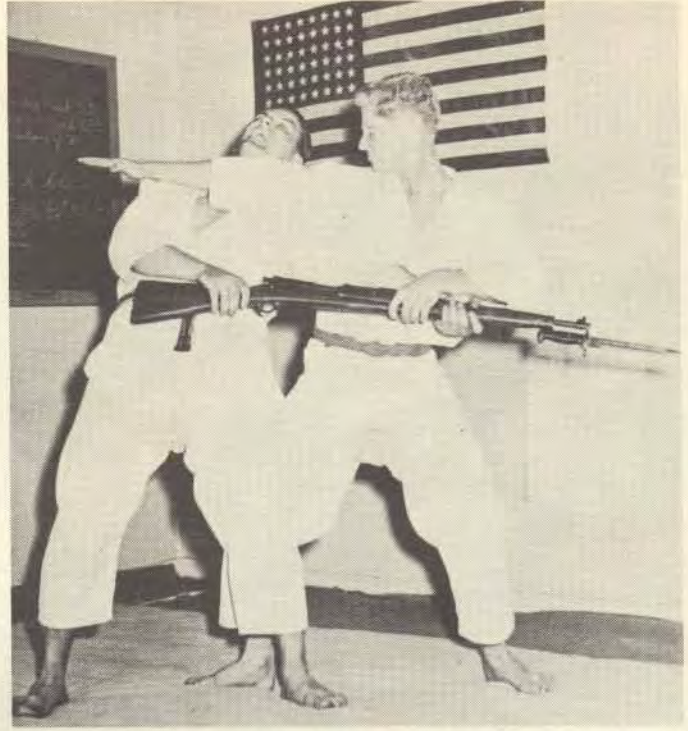
(Northrop Aircraft Judo Man).

III - Middle Section

PICTORIAL PARADE DIRECTORY



Darwin Bunnell disarming Instructor Bruce Tegner with his favorite Gun Defense.



A. B. Lee, U.S.N.T.C. Bainbridge, M.D., 3rd. Brown Belt Degree holder, skillfully executing bayonet defense at the National Judo Assoc., with his teacher, former Army Judo Instructor Sgt. Bruce Tegner.



Joe Aloï, 3rd. Brown Belt, promising Judo man, practices arm break, and slashing, on his Black Belt Instructor, Jon Tegner.



Harry "Let's Talk It Over" Sanford of Judo Magazine practices Judo regularly. Pictured above in work out with Bruce Tegner. Sanford throwing Tegner Circle Throw.
"Photo by Donn Shipley"

DEFENSE AGAINST PUSHING

MALICIOUS ATTACK:—

A PERSON is pushing you with his right hand against your chest.

JUDO DEFENSE:—

QUICKLY CLASP both of your hands, palm in, against the back of his right hand. Hold his right hand snugly to your chest, at the same time slide your right foot back to a strong line (as illustrated in Photo No. 1). Now bow to your attacker.



PHOTO NO. 1

THE LOWER YOU BOW, the greater the pressure will be against the back of his hand (as illustrated in Photo No. 2).



PHOTO NO. 2

IF THE ATTACKER is dangerous you may bring up your right knee with a smashing blow to his face (as illustrated in Photo No. 3).



PHOTO NO. 3

"JUDO PEOPLE SEEM TO PREFER COLLIES"

by Irene Kneib, President, California Collie Clan

My introduction to Judo was through the Tegnér's. It all happened the day I stopped in at their place, to present them with the pedigree for the newly purchased, Blue Merle Collie Pup, who was sired by my Champion Glen Terrace Blue Flash. Mrs. Tegnér told me how they had watched Blue Flash in his numerous winnings at the Dog



Champion Glen Terrace Blue Flash posed with his Trophy winnings at the Beverly Riviera Dog Show, Santa Monica, California. Judge Mrs. H. Gray presenting Flash's winnings to Mr. Charles Kneib, husband of Irene Kneib, President, California Collie Clan.

Shows, and how she had become enchanted with the quality of Flash, and his beautiful blue coloring. While we were enjoying our pleasant conversation, I suddenly heard a loud "BANG." Mrs. Tegnér ignored this and kept on calmly talking. Then I heard a succession of "BANGS." This time they were louder, and kept increasing in both sound and volume. I turned toward the direction from which these sounds were emanating, and noticing my anxiety, Mrs. Tegnér smiled, and said, "Mr. Tegner is practicing his Judo falls," and added, "Would you like to watch him?"

I answered, "I certainly would."

With that we entered a Judo gymnasium. On the floor was a large mat where Mr. Tegnér was falling, and gliding, rolling, and flipping with exceptional ease and grace. These instinctive movements could only be

described as fascinating. I've never seen Judo before, but as I watched I felt as though I had, because of the quick parries, the rolls, and, up on the feet again movements, the alert and litheness of it all. Then Mr. Tegnér and a student started a competitive practice session. "Randori," they called it. Now I saw something else. It was an overall picture of cunningness and tolerance of calmness and gaiety; and then it hit me. My Collies, they move like that.

The whole over-all picture was the same. I couldn't refrain from telling Mrs. Tegnér what I had discovered, and wondered what she would say, if I should tell her, that Judo people and Collies were alike, but much to my surprise when I did, she said, "Of course they are!" I met the Tegnér's soon after this visit, at a Dog Show, and was introduced to a number of their Judo students. Each student was holding a leash, and on the other end was a Collie. On other occasions when I made trips to the Tegnér's I would again meet more Judo people who were the proud owners of Collies, so I naturally came to the conclusion that Judo people seem to prefer Collies.

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BREAKING WRESTLER'S SLEEPER HOLD

The Wrestler, contrary to the Judo Man, uses strength and brute force to gain his holds, and points; whereas, the Judo Man uses his skill, and his opponent's strength, to gain his points. To prove this fact, the Wrestler in the heavy-weight class is not matched against a Wrestler in the lightweight class. In Judo Matches, the opponents draw numbers and often a hundred and twenty pound opponent finds himself matched against an opponent weighing well over two hundred pounds. The one most skillful of the two, chalks up the points; and most often it is the smaller, quicker man who wins.

Wrestler applies Sleeper Hold on Judo Man (as shown in Photo No. 1).



PHOTO NO. 1

Judo Man, quickly thrusts back of head into Wrestler's face, at the same time sliding his left foot back into a strong line, (as shown in Photo No. 2).



PHOTO NO. 2

Judo Man pivots both feet, reversing his strong line towards the Wrestler, at the same time Judo Man clasps his hands and thrusts his left elbow into Wrestler's Solar Plexis, (as shown in Photo No. 3).



PHOTO NO. 3

Judo Man slides his right foot back to a 45% angle, directly in line with Wrestler's right foot, then encircles his left leg around and in back of Wrestler's right leg, (as shown in Photo No. 4).



PHOTO NO. 4

Judo Man thrusts his left loin up sharply against Wrestler's right loin, this causes Wrestler to lose balance, at the same time Judo Man grasps with his right hand, Wrestler's right loin from underneath. With his left arm he encircles Wrestler's waist from the back, (as shown in Photos No. 4 & 5).



PHOTO NO. 5

Judo Man springs up with his knees, simultaneously he thrusts his left upper leg up against Wrestler's right loin, and small of back, at the same time lifting both his arms in the same upward movement, (as shown in Photos No. 4 & 5 and causing action in Photo No. 6).



PHOTO NO. 6

THE HISTORY OF JUDO



The unwritten history of Jiu-Jitsu (now called Judo) dates back about five thousand years and was believed to have been practiced by certain Monks in Tibet, China. These Monks, being unarmed, used this means of defense against roving bandits.

The written history of Jiu-Jitsu was first recorded in Japan approximately two thousand years ago, where it was practiced among the Samurai (warriors) who were members of the Royal Family.

During this feudal period each Royal Family group fought with various forms of Jiu-Jitsu. These methods were kept secret and each retained in their own clan. These secrets were handed down from generation to generation until fifty-five years ago. It was about 1890 when Dr. Jigoro Kano, known the world over as "The Father of Judo," studied the various kinds of Jiu-Jitsu. He took the finer points from each method and combined them—thus, creating Judo!

It is interesting to note that the meaning of Jiu-Jitsu is—gentle art. Similarly the meaning of Judo is—soft way. The philosophy of soft way is to yield or to give way, using a little effort for a great result.

Theodore Roosevelt set up his own Judo gymnasium in the East Room of the White House in 1906—thus establishing Judo in America. In Hollywood the first film star to use Judo was Douglas Fairbanks, Sr. He was one of the few stars to use it authentically. Today Judo has become a compulsory training program for Wardens and Guards in our State Penitentiaries and in Police Departments. As we all know, Judo has become a major part of the training set up for the men in our Armed Forces.

This Publication Is For The Promotion and Furtherance of Judo.

MUSCLE REACTION



PHOTO NO. 1

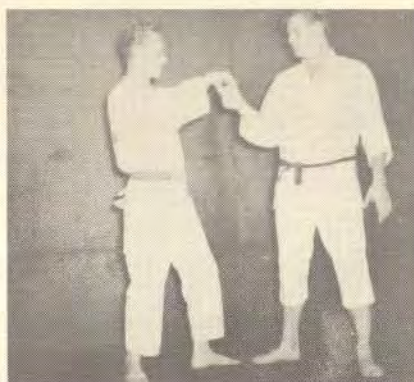


PHOTO NO. 2

FOREARM ILLUSTRATION

MUSCLE REACTION is sometimes known as Muscle Reflex. As muscle reaction is something you feel, rather than see, it is best illustrated by having a person extend his forearm with clenched fist. When you try to push down on his fist, and he resists you, (as illustrated in Photo No. 1), instead of pushing down, pull up a little (as illustrated in Photo No. 2) now quickly push down—thus breaking his resistance with muscle reaction (as illustrated in Photo No. 3).

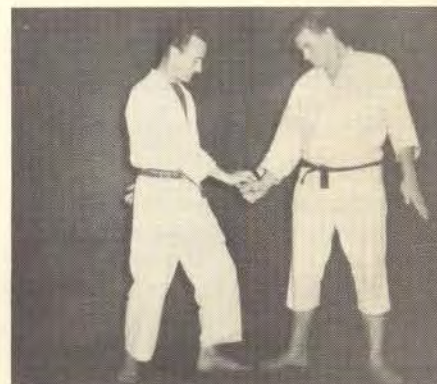


PHOTO NO. 3

NOTE:—

Muscle Reaction may be used in many directions, as well as against all parts of the body.

WHO'S WHO IN JUDO

The Pictorial Parade Directory is primarily a guide for the educational and entertainment field. (Not all pictures displayed in the Pictorial Parade section come under this category.) However, for those interested in Judo instruction for Civilian, Law Enforcement, Military, Athletic Clubs, Y.M.C.A., Schools and Universities; as well as, clubs like the Elks, Kiwanis and many others too numerous to mention, the Pictorial Parade Directory (Middle Section) is an excellent source of contact.

* * *

For the entertainment field, such as, Clubs, Radio, Screen and Television, etc., the Pictorial Parade Directory presents Judo People of experience and talent.

* * *

Judo People may list themselves by displaying a picture in the Pictorial Parade Directory for as low as 1/4 Page, \$15.00 — 1/2 Page, \$30.00 — Full Page, \$60.00 by writing Judo Magazine, P.P.D. Dept. Box 1211, Studio City, Calif.

* * *

Anyone interested in a "Judo Instructor" or "Judo for Entertainment" may write — giving full details of individuals pictured in the Pictorial Parade Directory, using same address as above.

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DR. JIGORO KANO, known the world over as the "Father of Judo", devoted his entire life to the promotion and furtherance of Judo. . . The founder of the Kodo Kwan (Judo Headquarters) in Tokyo, Japan, he was also a member of the House of Peers. He spoke many languages fluently, for he traveled from country to country introducing and inspiring everyone who heard him lecture in the Science of Judo. He was advocator of Peace and Good Will. Known as the "Einstein in Judo", Dr.



Dr. Jigoro Kano

Kano would always face barrage after barrage of questions from reporters and learned Professors who were amazed at the mental and physical agility he portrayed, even up until the age of 79 when he toured the United States as well as Countries abroad as a member of the 1940 International Olympic's Committee. One ambition he unfortunately did not fulfill, due to the war, and his untimely death was to enter Judo in the World Olympics.

HA-HA

THE RIGHT KIND OF A FALL GUY*

By MARGE LUCASON

THE RIGHT KIND of "Fall Guy" is the instructor that has his students' interest at heart. He is an Instructor that teaches Judo theory along with application. He does not use his students as guinea pigs for practice to promote his own skill, nor does he throw them to the wolves (his chosen colleagues who wish to show off by bouncing around the unfortunate newcomer). A reputable Judo School or a well paid instructor refrains from such tactics. Some Dojos (Judo Practice Halls) who operate on a non-profit basis have little interest in the beginner. The moral is, you only get what you pay for. Be sure that *your* instructor is "The Right Kind Of A Fall Guy."

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* * *

LEST WE FORGET!

That Bud Grammer 3rd. Brown Belt of National Judo was the first subscriber for Judo Magazine.

* * *

That Larry Kagan 3rd. Brown Belt of National Judo was the first advertiser in Judo Magazine.

* * *

That Judo Magazine wishes to express their appreciation to Wes Albers for photography and Ed. Rowe for illustrations.

* * *

That Judo Magazine wishes everyone a Merry Christmas with lots of good cheer.

JUDO SCHOOLS AND DOJO DIRECTORY

The Judo Magazine presents this "at-cost" Feature, as a guide for people interested in locating a Judo School, or Dojo. This column will list your own name, or school name, address and telephone under the state in which you are located. Fee \$15.00 for the entire year. Write today for a listing to Judo Magazine, Advertising Dept. —Box No. 1211, Studio City, California.

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329 Motor Way, Santa Barbara Phone 5-4978

Holtman's Studio of Judo & Ju Jitsu

819 University Ave., San Diego Phone JA. 9798

American Judo & Ju Jitsu Federation

Oakland

National Judo Assoc. of America

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